

ABSTRACT OF THE DISCLOSURE

A video camera apparatus includes a video encoding section which performs intra- or inter-frame encoding for a video signal input from a solid state image sensor, a recording section which records the video signal compression-encoded by the video encoding section as a video file on a recording medium, and a control section which executes a first motion video shooting and recording mode for obtaining a video file including the compression-encoded video signal to be transmitted in real time to a partner destination via a network, and controls the video encoding section to match the bit rate of the encoded signal obtained by the video encoding section with the communication speed of the network used to transmit the video file when the first motion video shooting and recording mode is selected.